

Here Are Some Tips That Can Help You Get Ready To Quit

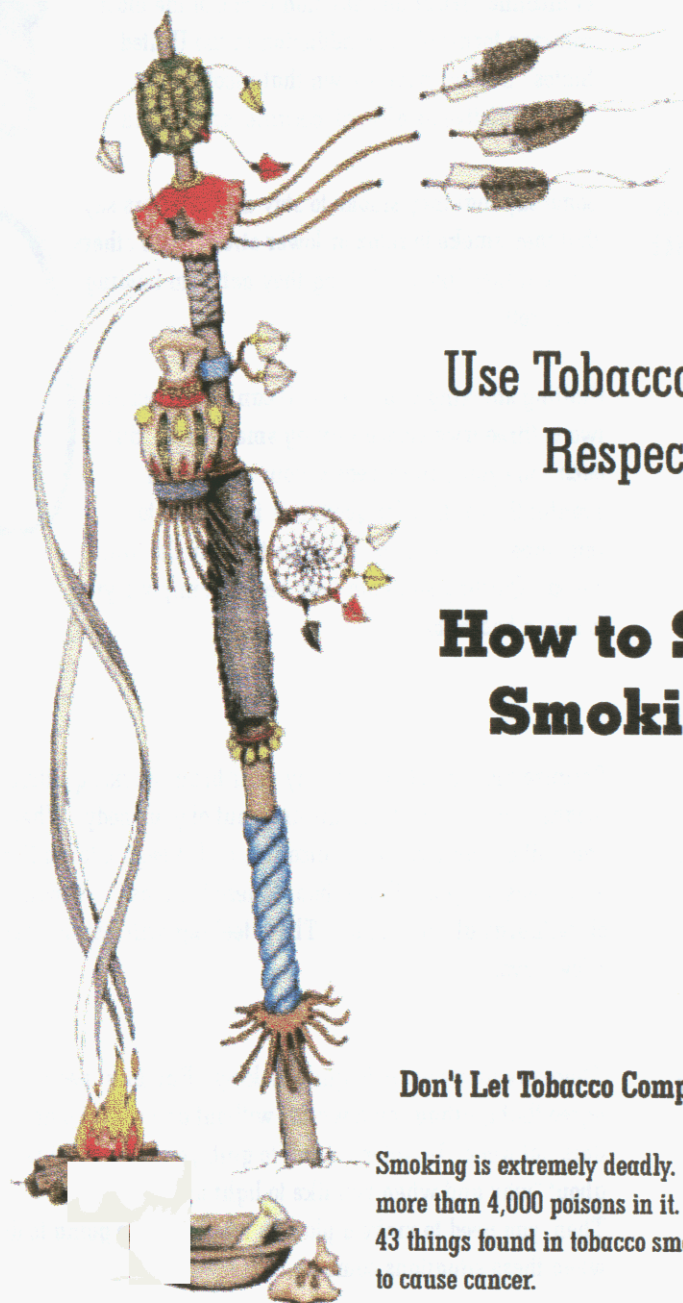
- Set the Stage to Quit**
- Think of yourself as a Non-Smoker right away.
 - Even before you set a target date for quitting, you can take actions that help to prepare for that day.
 - You might talk to your health care provider, who can help you to develop a plan for quitting.
- Think About Quitting**
- List all the reasons you have for quitting. Add to the list occasionally as you think of more reasons.
 - Set a target date for quitting, but be careful about the date you pick. It may be more difficult to quit if your target date is set around the same time as an important event in your life.
 - Begin a program of exercise. Drink plenty of water and fruit juices, and eat healthy, well-balanced meals each day.
- Cut Back On Smoking Before You Quit**
- Stop using your usual brand of cigarette in favor of one you don't like
 - Smoke a low-tar, low nicotine brand, but don't smoke more cigarettes.
 - Buy cigarettes one pack at a time instead of in cartons.
 - Change your smoking routine by smoking only in certain places and by keeping your cigarettes in a different place.
- On the Day that you Quit**
- Stay busy on the day you quit. Visit places that do not allow smoking
 - Get rid of your chances of acting on one of your urges to smoke by throwing away all cigarettes, ashtrays, lighters and matches
 - Clear your home of the odor of cigarette smoke.
 - Form new habits. do things with your hands and mouth to make up for not being able to hold a cigarette, like sucking on a sucker or chewing gum.
 - Drink plenty of water to help flush toxins out of your body and help curb your appetite.
 - Spend time with non-smokers.
 - Plan to be busy with some type of activity when the urge to smoke hits you.
 - Exercise to help burn off the nervous tension that you may feel on the day you quit.

This brochure provides a general overview on this topic and may not apply to everyone. To find out if this brochure applies to you and to get more information on this subject, talk to your doctor.



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Red Lake Hospital Health Tip



**Use Tobacco with
Respect**

**How to Stop
Smoking**

Don't Let Tobacco Companies Fool You

Smoking is extremely deadly. Tobacco smoke has more than 4,000 poisons in it. There are at least 43 things found in tobacco smoke that are known to cause cancer.

You are not alone

If you are one of the millions of people in the U.S. who has either tried to quit smoking or who wants to quit, you are probably aware of the addictive power of nicotine. Nicotine addiction is one of the most common forms of drug addiction in the United States. Studies have shown that nicotine can be as addictive as alcohol, cocaine, and heroin.

Why is it so hard to quit?

Some say that they smoke to stay alert. Others say that they smoke to relax or lower stress. Still others say that they like the feeling they get from holding a cigarette.

Quitting smoking is not easy. It can take a person two to three tries before staying smoke-free. But, each time you quit increases your chances of eventually quitting for good. It is important to remember that nicotine changes the way the brain works. Quitting smoking goes beyond simply trying to stop a bad habit.

Nicotine is very addictive

Because nicotine alters the way your brain works, quitting means you have to clean this drug out of your body. When you quit giving your body nicotine, and it begins to rid itself of the poisons, you will feel bad. These feelings are because of "withdrawal symptoms". These feelings will lessen after a few days.

Don't stay Hooked!

There are many ways to quit smoking. But, most people agree that quitting "on a whim" without any sort of plan, does not work. In order for you to quit, you need to think about "why and when you like to light up that smoke". Then, you need to make a plan on what you are going to do when these situations come up.



Make a Quit Smoking Plan

Experts say that there are some things you can do to increase your chances of quitting. You may need to talk with your doctor to pick the best way that meets works for you:

1. Learn ways to deal with "urges" to smoke
2. Learn ways to handle stress
3. Make a strong network of support and encouragement
4. Use tools like nicotine gum or nicotine patches to help you control your urges.

The Rewards of Quitting will last your Lifetime

Your body will start to heal itself within minutes after smoking your last cigarette. Each day that passes your body will get better in many ways:

Within 20 minutes of your last cigarette:

- Your heart beat returns to normal
- Your blood pressure drops back down to normal
- The temperature of your hands and feet returns to normal

Within 24 hours:

- Your chance of a heart attack goes down

In 48 hours:

- Your ability to smell and taste has improved
- Your nerve endings adjust to the absence of nicotine

In 72 hours:

- Your lung capacity increases
- You breathe more easily as your airways begin to relax

2 weeks to 3 months

- Walking is easier as your body's blood flow and lungs improve

1 to 9 months

- You will feel less tired
- You will do less coughing
- Your nose will be less plugged up
- You will be breathing easier
- You will have more energy
- The cilia (the tiny hairs) in your lungs begin growing again. These hairs clean your lungs and help fight lung germs

In 1 year:

- Your heart disease death rate is halfway back to that of a non-smoker

In 5 years:

- Your heart disease death rate returns to that of a non-smoker. Your lung cancer death rate decreases halfway back to that of non-smokers

In 10 years:

- Your lung cancer death rate drops almost completely to the rate for non-smokers. Precancer cells are replaced with new cells. Your odds to get other cancers--of the mouth, throat, bladder, kidney and pancreas--goes down.